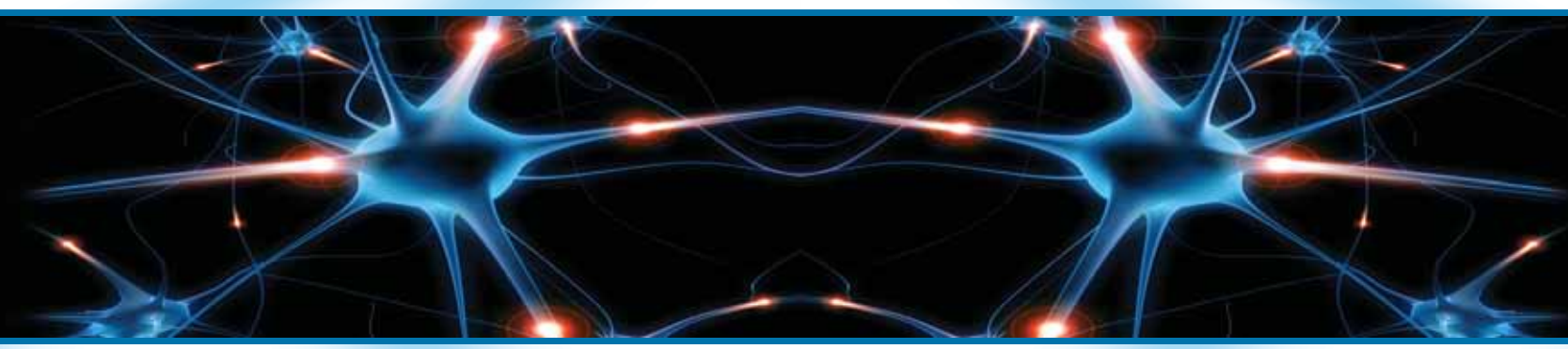


Brief Strategic Therapy & Clinical
Hypnosis Foundation

www.bstfoundation.co.uk



Clinical
Hypnosis
Prospectus



St Mary's
University College
Twickenham
London



St Mary's
University College
Twickenham
London



The Study and Application of Clinical Hypnosis

Welcome to the St Mary's University College and the Brief Strategic Therapy & Clinical Hypnosis (BST) Foundation's prospectus. The aim of this brochure is to provide prospective students with a comprehensive guide to the Diploma of Higher Education in Clinical Hypnosis. Whether you are choosing to pursue a new career, or wishing to broaden your existing skills and knowledge, this prospectus will provide you with the information you need to take your studies further.

St Mary's University College

St Mary's University College is an established university with emphasis on caring for the individual. St Mary's has a strong academic record with an excellent reputation. Our friendly, caring atmosphere ensures a warm welcome for everyone at St Mary's. We have a mission to provide high-quality academic and professional higher education within a university setting ensuring value is placed on helping students fulfil their full potential. St Mary's was ranked second of all London institutions in the National Students' Satisfaction survey.

The Brief Strategic Therapy & Clinical Hypnosis Foundation

The Brief Strategic Therapy & Clinical Hypnosis (BST) Foundation was established in response to the increasing demand for ethical and professionally trained therapists in the field of clinical hypnosis. The clinical hypnosis training programme has been developed by experts in the field and is based on current research and a wealth of practical experience, incorporating aspects of psychiatry, psychology, counselling and modern medicine.

The Foundation provides an exceptional opportunity to learn clinical hypnotherapy, particularly due to the support and skills provided by the teaching staff who have international reputations in clinical hypnosis and related fields. St Mary's University College has joined in collaboration with the BST Foundation to provide a Diploma of Higher Education in Clinical Hypnosis thereby allowing students to gain an accredited university qualification through vocational training.

The Diploma of Higher Education in Clinical Hypnosis offered by St Mary's University College and the BST Foundation is the only recognised undergraduate academic course in clinical hypnosis in the UK. The course is also recognised by many to be the most focused and practically based practitioner training course available.

Introduction

Hypnosis has been used in various forms as a therapeutic tool for thousands of years. However, the formal term hypnosis was coined as recently as the 18th century. Traditionally, hypnotherapy has been used within the medical field and its use has been approved by the British Medical Association (BMA) and the American Medical Association (AMA). Hypnotherapy has become an established, evidence-based treatment for a number of common conditions and a recent report by the British Psychological Society (BPS) states "Hypnosis is a valid subject for scientific study and research and a proven therapeutic medium" (BPS, 2001, p 2). Hypnosis is one of the most commonly

used therapies, with an estimated 353,000 patients visiting a hypnotherapist, resulting in nearly one-and-a-half million private and NHS appointments every year in England. To meet this demand, more and more sole practitioners and health professionals are being trained in its use.

Clinical Hypnosis - The terms Clinical Hypnosis & Clinical Hypnotherapy refers to both the diagnosis of problems and the application of hypnotherapeutic approaches to treat others within a clinical and structured framework.

Clinical Hypnotherapist - A clinical hypnotherapist is typically a qualified professional in hypnotherapy who uses hypnosis, or employs it as part of a treatment regime for a variety of psychological and physiological problems. When professionally trained in the skills of hypnotherapy, the practitioner possesses an effective and profound therapeutic tool to help others. Hypnotherapy is utilised in many diverse areas including conventional medicine, clinical psychology, psychotherapy, counselling, sports psychology, self-development and in business.

Hypnotic Experience - Hypnosis is a highly receptive therapeutic learning state which the individual accesses in order to make positive changes. In a therapeutic setting this process is facilitated by the hypnotherapist. The naturally relaxed state of hypnosis allows individuals to make rapid enhancements to their lives through a process of learning appropriate new beliefs, breaking unwanted habits, changing negative behaviour patterns and overcoming learned limitations. In addition many individuals naturally experience an enhanced feeling of well being and a more positive outlook after each hypnotic experience.

Career Opportunities

The highly vocational nature of this course prepares students to set up in private practice, work within the NHS or within other pre-existing professional environments. With a wealth of referrals from health care professionals and a growing number of private health care providers willing to cover the cost of treatment there is an increasing demand for skilled and appropriately qualified hypnotherapists. The Diploma of Higher Education is an academic qualification recognised and welcomed by employers both in the NHS and the private sector.

Sequence showing three stages of hypnosis



1. Induction



2. Deepening the trance



3. Unconscious Hand Levitation

University Accreditation

Certificate of Higher Education – Level 1

A CERTIFICATE OF HIGHER EDUCATION (CertHE) is a higher education qualification, awarded after one year of study at university and shows a basic level of educational competence. This level of training is appropriate for anyone who wishes to learn and experience hypnosis and how to induce it in others in a safe and professional environment.

Diploma of Higher Education – Level 2

A DIPLOMA OF HIGHER EDUCATION (DipHE) is a higher education qualification or lower degree, awarded after two years study at university. It is a university accredited professional qualification and is highly respected by employers. Completion of Level 2 provides graduates with a qualification as a Clinical Hypnotherapist and allows them to practice clinically within an NHS setting or privately.

The DipHE in Clinical Hypnosis is the first universally recognised undergraduate qualification in clinical hypnosis in the UK. It is therefore, a “gold standard” training programme for all those interested in studying hypnosis and becoming a Clinical Hypnotherapist. The DipHE in Clinical Hypnosis is a highly vocational training programme. It is delivered as a part time, flexible course which allows you to continue working whilst obtaining a recognised qualification. The DipHE in Clinical Hypnosis should be seen as the appropriate level of competence that needs to be achieved and is essential to commence professional practice as a Clinical Hypnotherapist.

Springboard to a Degree

The course has been specifically designed to enable students to progress their studies further and where appropriate to obtain a degree in psychology. Upon successful completion of the DipHE in Clinical Hypnosis students are eligible to enter the British Psychological Society (BPS) accredited Psychology degree programme at St Mary’s University College at Level 2. This means that with only a further 2 years study students will also hold a BPS accredited Psychology degree.

In other instances students can normally convert a higher education diploma to a degree with one extra year of study. This makes the DipHE an attractive alternative route to obtaining a degree which may be more appropriate for individuals returning to education as it allows you to study part time initially before entering full time education.

Ongoing training for Professionals

The Foundations clinical hypnosis course has also been recognised for Continued Professional Development approval from a range of governing bodies. This has allowed psychiatrists, psychologists, psychotherapists and counsellors to use their training to contribute towards their individual CPD requirements. Mental health care professionals should contact their own CPD organising body for eligibility.

Currently Practising or Previously Trained Hypnotherapists

Currently practising hypnotherapists may wish to complete the Diploma of Higher Education in order to gain an academic qualification in their specialist area. The Diploma of Higher Education is the ‘gold standard’ in hypnosis training, and as the Government are in the process of regulating all complementary health professions, may in the future act as the minimum standard of training required to practice. It is therefore important to be able to offer currently practising and trained hypnotherapists the opportunity to acquire a formal academic qualification in hypnosis through completing the DipHE. As recognition of practising hypnotherapists’ prior learning, students proficient in hypnosis and those who can demonstrate a sufficient level of experience will be accepted onto Level 2 of the Diploma of Higher Education, therefore obtaining an academic qualification in hypnosis through one year of study.

Module Structure

A Diploma of Higher Education represents 240 academic credits. Over the course of two years you will complete 8 modules each representing 30 credits. Four modules are taught each year over two semesters. All modules are core modules.

Table 1 Diploma of Higher Education: Clinical Hypnosis

Module Code	Module Title	Status	Credits
Level 1			
PB101	Introduction to Clinical Hypnotherapy	Core	30
PB102	Basic therapeutic techniques	Core	30
PB103	Clinical applications	Core	30
PB104	Therapeutic skills and ethics	Core	30
Level 2			
PB201	Advanced therapeutic techniques	Core	30
PB202	Scientific basis of hypnosis	Core	30
PB203	Major symptomology & protocols	Core	30
PB204	Specialist clinical applications & treatment	Core	30

Intakes

Teaching takes place on interspersed Saturdays from September to December and February to June following the university academic year. Students may commence their studies at two entry points each year; September and February.



Students training in hypnosis.

Level 1 Module Content

This is a certified course suitable for individuals wishing to gain a basic understanding in the fundamental principles and practices of clinical hypnosis. Students are introduced to the theoretical concepts and the biological nature of hypnosis, the practical skills required to induce hypnosis, basic problem assessment through taking a case history, simple clinical applications and the ethical use of hypnosis. Students will have many opportunities to experience the hypnotic state and learn various approaches to induce and deepen hypnosis in a safe and professional environment. A substantial amount of learning takes place in the classroom, in a safe and supervised environment with both practical and theoretical sessions. In addition students are requested to spend on average 6 hours per week on independent learning, including a variety of projects and reading, through the duration of the level one training programme. The aim of independent learning is to enhance each students' learning experience and also deepen his or her understanding.

Module 1

Introduction to Clinical Hypnotherapy (30 Credits)

- History of Hypnosis
- Traditional and Non Traditional
- Every Day Hypnotic States
- Conscious / Unconscious
- Mind Body Communication-Power of the Mind
- Observable Depth of Hypnosis
- Common Misconceptions
- Pre induction Explanation
- Important Phases For Effective Induction of Hypnosis
- Traditional Suggestibility Testing
- Modalities of Induction
- Factors Influencing Induction
- Nature of Hypnosis
- Hypnotic Phenomena 1
- Contraindications
- Hypnotic Phenomena 2

Module 2

Basic therapeutic techniques (30 Credits)

- Types of Induction
- Modalities of Induction
- Factors Influencing Induction
- Relaxation Induction / deepening
- Awakening the subject
- Specific Eye to hand Fixation Induction
- Basic Count Down Deepening
- Specific Eye Fixation Induction with relaxation
- Authoritarian Eye Gaze Induction
- Thumb Nail Induction

- Imagery Count Down Deepening
- Safe Place Deepener
- Elevator Deepener
- Post Hypnotic Induction
- Sensory Deepening - Limb Heaviness
- Arm Catalepsy Induction and Deepening
- Pre induction Explanation - Preparing the Client
- Hand Levitation Induction and Deepening
- Incorporating Distractions
- Naturalistic Approaches
- As if Approach to Induction / Deepening
- Previous Trance State
- Everyday Hypnotic States Induction / Deepening
- Awakening From The Trance
- Permissive awakening
- Ericksonian Cue Word Deepening
- Rapid Defocus Induction
- Early Learning Set

Module 3

Clinical applications (30 Credits)

- Contraindications
- Dealing with Abreaction
- The importance of a full case history
- Basic counselling skills
- Listening to the patient
- Establishing the goal of therapy
- Therapeutic boundaries
- Ethical practice
- Importance of rapport
- Building rapport
- Mirroring / pacing / leading
- Rapid assessment skills/ the meta model
- The use of questions

- Priming the subject for hypnotherapy
- Laws of suggestion
- Formulation of hypnotic suggestions

Module 4

Therapeutic skills and ethics (30 Credits)

- Clinical Applications
- Contraindications
- Dealing with Abreaction
- Group Hypnosis
- Self Hypnosis & Teaching Self Hypnosis
- Ego Strengthening
- Developing Ego Strengthening
- Ideo motor signalling in therapy
- Ideo Responses
- Installing IMR
- Smoking cessation therapy (1 session approach)
- Physiological aspects of smoking
- Psychological aspects of smoking
- Successful treatment Protocol And Practice
- Dealing with relapses
- Ericksonian 5 stage Paradigm
- Content Free Therapy Utilising Ideo Motor Signalling in Therapy
- Performance Anxiety
- Post Hypnotic Cue
- Basic Anatomical Triggering- Anchoring
- Post Hypnotic Cue with Anatomical Triggering of Resources



Demonstration of an induction by Dr. R. Dupe



Students enjoying the course



Students practising hypnotic inductions under supervision



Students in London

Level 2 Module Content

Level 2 provides a natural progression of study for those who have completed level 1 or are trained hypnotherapists and provides an in depth knowledge of the theoretical and practical aspects of clinical hypnosis treatment. The syllabus covers many areas including the basic aetiology and pathology of organic and psychosomatic disease, the biological basis of mind-body approaches, and advanced inductions and therapeutic protocols tailored to each problem. It also includes the specialised use of hypnosis in pain control and treating children in a hypnotherapeutic setting. In addition, information specifically tailored towards the setting up of a successful private practice, ethical conduct, gaining business and good practice management is included. Students are again requested to spend on average 6 hours per week on independent learning through the duration of the Level 2 training programme to maximise their learning experience.

Module 5

Advanced therapeutic techniques (30 Credits)

- Minds eye deepening
- Re-framing in and out of trance
- Stage/distancing dissociation
- Television screen dissociation
- Role reversal dissociation
- Computer dissociation
- Specific dissociation
- Cinema screen advanced dissociation
- Neuro linguistic programming protocols (NLP)
- Re-integration
- Ethical considerations
- Managing the regressed patient
- Communication in regression therapy
- Direct and indirect regression
- Diary regression
- Calendar regression
- Cinema regression
- Computer screen regression
- Patient orientated regression
- Miscellaneous regression
- Ericksonian regression
- Memory construction/ Amnesia
- Ethical considerations
- Managing the patient
- Cognitive and behavioural approaches in Clinical Hypnosis
- Behavioural desensitisation techniques- Phobias
- Aversion protocols- Extinguishing unwanted behaviour
- Modelling
- Ericksonian 5-stage paradigm (review)
- Specialised indirect communication (Ericksonian Suggestions)
- Accessing questions

- Apposition of opposites
- Bind of comparable alternatives
- Confusion suggestions
- Covering all possibilities
- Implied directive
- Interspersal technique
- Paradoxical suggestions
- Presuppositions
- Specific & multiple part dissociation
- Re-integration

Module 6

Scientific & biological basis of hypnosis (30 Credits)

- Cerebral dominance
- Right and left hemispheric functioning
- Context and content
- Information processing
- Central nervous system
- Autonomic nervous system
- Sympathetic responses
- Role of the parasympathetic nervous system
- Fight or flight response
- Catecholamines
- Basic synaptic transmission
- Neural pathways
- Basic brain anatomy
- Cerebral lobes of the brain
- Medial areas of the brain
- Role of anxiety in psychosomatic illness
- Autonomic response to imagery
- Biological basis of phobias & anxiety
In relation to simple phobia-process phobia
- Confidence issues
- Biological basis of sleep
- Insomnia and related problems

Module 7

Major Symptomology & protocols (30 Credits)

- Biological/Psychological/Environmental Factors
- Patients experience
- Stress & anxiety
- Low self esteem
- Phobias
- Performance related anxiety
- Insomnia in relation to other problems
- Irritable bowel syndrome
- Nail biting
- Traumatic memory / stress response
- Obsessive Compulsive Disorder (OCD)
- Panic disorder
- Phobias
- Simple phobia
- Process phobia
- Erythrophobia (blushing)
- Tinnitus
- Psychosexual dysfunction
- Psychogenic impotence
- Vaginismus
- Trichotillomania (hair pulling)
- Weight control
- Problems associated with food
- Binge eating disorder
- Bulimia nervosa
- Reactive depression
- Psychoneuroimmunology
- Chronic Fatigue Syndrome
- Immune response-aiding healing
- Demotivation-Goal setting

Module 8

Specialist clinical applications (Multidimensional Treatment) (30 Credits)

- Resistance
- Pre emptying
- Resistance based approaches
- Advanced pattern breaking inductions
- Future orientation
- Miscellaneous future orientation
- Future possibilities technique
- Future resource therapy

- Communication in future orientation therapy
- Time distortion
- Alert hypnosis
- Time distortion deepening
- Pseudo-future orientation advanced pseudo regressive therapy
- Advanced pseudo regressive therapy
- Overload inductions
- Multidimensional pain control
- Mind/Body hypnotherapy approaches
- Metaphors
- Metaphorical dissociation
- Mind and body dissociation
- Braiding in dissociation
- Psychological barrier dissociation
- Mask-Persona dissociation
- Clinical hypnosis with children
- Childhood anxiety disorders
- Suitability of treatment
- The Braiding approach
- Braiding techniques
- Building rapport and working with families
- Inducing hypnosis in children
- Gate theory
- Analgesia and anaesthesia
- Glove anaesthesia
- Analgesic dissociation
- Burn care
- Depression
- Assessment
- Contraindications
- Practice management
- Advanced ethical practice
- Codes of conduct
- Developing a business plan
- Taking referrals
- Working with medical practitioners
- Keeping records
- Confidentiality
- Legal aspects
- Insurance

BST Foundation Approach to Training

The principle method of training developed by the BST Foundation is the Context Dependent Training format (CDT). The CDT theory states that we can learn and recall information most easily and effectively when new information is placed in a pre-existing context and that learning is consolidated by practical experience. Therefore the demonstration of hypnotherapeutic techniques and practical exercises to enhance therapeutic skills, augmented with clinical case histories and life examples, are integral elements of the training programme.

There is a high practical content within the course, necessary to gain patient-centred skills. Theoretical information is presented in a modern easily assimilated format together with course notes, although additional note-taking is recommended. The combination of theoretical and practical aspects makes this course stimulating, fascinating and very enjoyable.

The course is designed to take into account the particular needs and circumstances of mature students and professional people. Therefore, all courses are held on interspersed Saturdays and operate on an intensive study system where relevant information is taught in a relatively short period of classroom study. Recommended literature and practical homework assignments are set between training days to augment studies. We have found this training approach to be the most effective for students to gain confidence and proficiency in the practical and theoretical aspects of treating patients.

Student Assessment

Modules are assessed through a variety of methods. At level 1, each student will be assessed continually throughout the course to evaluate practical competence. Theoretical and practical knowledge will also be assessed during and at the end of the course. A minimum of 40% must be achieved in all assessments to be accepted onto the next level of training.

Through Level 2 students will be required to demonstrate their practical skills in clinical hypnosis with respect to induction, deepening and the appropriate treatment plans for certain clinical problems. Students will also be assessed on their theoretical understanding through examinations and a range of coursework. Students must achieve a minimum of 40% in all aspects of assessment to be awarded the Diploma of Higher Education. Students achieving greater than 60% will be awarded a Diploma with Merit and students achieving greater than 70% will be awarded a Diploma with Distinction.

Graduation

Graduation is a special time for both students and staff at St Mary's University College and the BST Foundation. Graduation is held in July and takes place in the historic Westminster Cathedral. The Cathedral has a capacity of 1400 and is a magnificent setting for our yearly celebration of student achievement. Located in the heart of London, near Victoria station, this event provides a superb visual spectacle and the event is always well attended and enjoyable. After the ceremony, a celebratory garden party is held in the University College grounds in Twickenham with a barbeque and music to entertain the graduates and their guests.

Self Development

The primary aim of the course is to help others, however many students who undertake the course experience personal growth and mental development. Furthermore many of those students attending the course have gained considerable success within their own professional environment by the utilisation and application of clinical hypnosis within their own framework.

Student Access to Resources

Most students choose to purchase their own literature as they serve as regular reference in clinical practice and students can gain discounts on specific recommended text. Students also have access to a virtual learning environment (WebCT) which includes all course material, assessments, module guides and a discussion forum. The BST Foundation also provides a small lending library of highly specialised text books.

Student Support Services & Supervision

Each student throughout his or her training may frequently require additional information with regards to the practical application of clinical hypnosis. The BST Foundation is delighted to offer its students an information 'hotline' and an exclusive internet-based Student Area, where past and present students may gain ongoing support, advice and access to qualified therapists. Furthermore, one-to-one student support is provided through a personal tutor system. The Foundation also recommends that periodic supervision should be an integral part of each qualified hypnotherapist's ongoing professional development.

Entry Requirements

Many prospective students may not have traditional qualifications or may have training in a different professional field. Student applications are viewed individually on merit and those students showing commitment, interest and relevant experience will be considered without formal qualifications. A Level candidates are expected to have achieved at least 2 C grades at A Level.

A brief informal interview may be arranged to assess prospective 'students' suitability for the course. Professionals holding a medical qualification or other recognised examination will be exempt from this requirement pending initial discussion. If you are unsure whether you are eligible to apply for the DipHE, please contact the Foundation and we will be pleased to explore the options with you.

Medical Liaison Office

As clinical hypnosis becomes a more integrated and accepted therapeutic modality, there is a growing need for hypnotherapists and other health care professionals to gain access to specific medical information with respect to patient treatment and communication with their doctors. The Medical Liaison Office aims to advise qualified hypnotherapists with appropriate information on medical matters such as working with healthcare professionals and also acts as a liaison office for media inquiries.

Professional Memberships

The BST Foundation continues to support students once they qualify as hypnotherapists. Upon completion of the DipHE in Clinical Hypnosis students are eligible to become members of a number of organisations including the Society of Brief Strategic Hypno Therapists (SBST). This is an independent professional body representing clinical hypnotherapists in active practice. Democratically run by practicing therapists, the Society is a non-profit making organization dedicated to upholding the highest standards of ethical practice of hypnosis and hypnotherapy. The Society has rigorous criteria for the regulation and continuous professional development of its members. Specifically the Society supports the on-going professional practice and development of its members through an on-line forum, providing a range of Continuing Professional Development courses and by offering advice and support in clinical practice and ethics.

- As a member, you are entitled to use the letters MSBST on your promotional material
- Full listing on the Therapist Index providing direct referrals
- Direct access to the SBST website, designed to generate business for its members
- Reciprocal links with the BST Foundation website
- Continuous advice and support in setting up in practice
- Discounted books
- Discounted website design, printing and stationery
- Discounted professional indemnity insurance
- Monthly newsletter
- Access to forums and discussion groups with other members of the society

All members also receive a discount on all CPD workshops provided by the BST Foundation.

In addition the General Hypnotherapy Standards Council (GHSC) also accredits the course. Upon award of the Diploma of Higher Education students will also be eligible for professional registration with The General Hypnotherapy Register. It is primarily responsible for overseeing the criteria for the ongoing registration of individual practitioners within The General Hypnotherapy Register (GHR).

Professional Indemnity

It is important that after completing the Diploma of Higher Education in Clinical Hypnosis each practitioner has adequate professional indemnity insurance. We are happy to recommend a suitable insurance provider to those holding a current DipHE and details are available from the Foundation. The BST Foundation strongly recommends that in order to comply with the highest ethical standards graduates should not undertake clinical hypnosis in a professional capacity unless they have full insurance cover.

Future Legislation

At the present time there is no legislation covering training standards for hypnotherapists. However as the Government are in the process of regulating all complementary health professions the Foundation believes that the DipHE in Clinical Hypnosis will become the minimum standard of training required to practice. It is essential that students should give consideration to these matters before deciding on their prospective training.

Applications & Tuition Fees

Standard University fees apply; please see enclosed application form for dates and costs. Fees can be paid in full at the beginning of the academic year or can be paid in instalments; in addition individual flexible payment plans are available on request. Students wishing to enrol should send their completed application form to the BST Foundation head office, along with a 25% deposit of the current course fee, which will reserve a provisional place pending possible interview. This initial payment will be fully refunded if individuals do not meet the selection requirements. The balance for course fees should be received fourteen days prior to the commencement of study. If you would like to pay the full course fee by credit card please call the Foundation and complete the application form, which must also be returned to the Foundation. Prospective students can also apply and pay on-line via www.bstfoundation.co.uk

In addition for information on possible financial assistance that may support your learning please visit <http://www.direct.gov.uk> or contact your local careers advice centre.

Health care professionals who have also attended the clinical hypnosis programme in the past have also gained direct funding from their National Health Service Trust to undertake continued professional development training with the BST Foundation.

The Foundation believes that course numbers should be limited to ensure high training standards. We therefore recommend that, to secure a place, your completed application form is returned without delay. For further information on course dates and training fees see enclosed application form.



Clinical Hypnosis Department Staff



Gavin Emerson BST Foundation Academic Director

Gavin Emerson is a founder member of the BST Foundation and has many years experience in the fields of clinical hypnosis and brief therapy. He has been instrumental in teaching mental health care professionals in these areas and is primarily responsible for designing the Diploma of Higher Education in Clinical Hypnosis. In conjunction with Dr Robert Dupe and Dr Tig Calvert he has also developed a number of specialist training programmes in clinical hypnosis and brief therapy that have subsequently been awarded post-graduate credits for Psychiatrists and other healthcare professionals. He is regularly engaged as a consultant in brief therapy for Medico-Legal cases of post traumatic stress.



Dr Robert Dupe Medical Director BA BSc FRSM PhD FSBST BCSHA DCHyp

Robert Dupe is a co-founder and the medical director of the Foundation. Robert lectures in Brief Strategic Therapy and Clinical Hypnosis and provides relevant clinical input for the Foundation's courses. He has spent considerable time in the field of cardiovascular medicine and is a Fellow of the Royal Society of Medicine. He also has a considerable experience in the pharmaco-biology of psychosomatic illness and applies the practice of clinical hypnosis within NHS and private settings.

Gavin Emerson and Robert Dupe are both engaged in an advisory capacity to national organisations on behavioural problems and appear on national television and in the press.



Dr Tig Calvert Programme Director BSc Hons PhD CPsychol DCHyp

Tig Calvert is a Senior Lecturer in Psychology at St Mary's University College and is the Programme Director for the Diploma of Higher Education in Clinical Hypnosis. With a healthcare background and a PhD in emotional and behavioural problems following traumatic brain injury, she currently specialises in how the brain produces and responds to emotions, and the interaction between mind and body. She has a private hypnotherapy practice in Oxford utilising her academic and clinical skills to help clients to overcome anxiety based problems and develop their full potential in life. Tig is a regular specialist psychologist on a number of TV programmes including Paul McKenna and Diet Doctors.

Andy McCann Senior Lecturer BA Hons MA Ed PGCE DCHyp MSBST

Andy is a Senior Lecturer on the DipHE in Clinical Hypnosis. He has a background in sport and education and has worked as a teacher and lecturer in both the school and university sectors. Andy trained in clinical hypnotherapy with the BST foundation and is a Licensed Neurolinguistic Programming (NLP) Practitioner. He runs a private hypnotherapy practice in Cardiff and has a particular interest in the application of clinical hypnotherapy to sport and regularly works in collaboration with other healthcare professionals and sport coaches. Andy is also Director of AMCAN Consultancy & Training, which specialises in overcoming limiting beliefs and fulfilling potential. AMCAN's clients include charities, corporate business, schools and individuals. In addition, Andy writes and has written an acclaimed healthcare book which has been released in the UK and US.

Dr Richard Martin MBBS FRCA DCHyp MSBST

Dr Richard Martin is a Consultant in Paediatric Anaesthesia and an Honorary Senior Lecturer at Great Ormond Street Hospital. Having graduated with distinction from the foundation's practitioner diploma course, he joined the department & associates as a medical education adviser. While maintaining an interest in general applications of clinical hypnotherapy, he has a particular interest in performance enhancement, anger and stress management. He has extensive experience and is an expert in the management of anxiety in children.

Dr Karl Drewek Lecturer BSc Hons PhD Psych DCHyp MSBST FRSA

Dr Karl Drewek is a clinical hypnotherapist and brief strategic therapist with a private practice in Harley Street. Karl's background includes ten years experience as an independent consultant to the healthcare industry, improving the performance of sales and marketing teams and providing executive coaching. With a doctorate in psychopharmacogenetics, he is also commissioned by healthcare companies to meet with experts to report on their recent advances in medical research and neuroscience. He has published several books for psychiatrists and neurologists.

Damian Hamill Senior Lecturer DCHyp DMH A Cert CSHyp MSBST

Damian Hamill has been interested in the fields of hypnosis and human change for over fifteen years. After qualifying in 1997 he has studied to an Advanced Level with the BST Foundation. Damian has also trained in Symbolic Modelling, an approach derived from the metaphor therapy. Damian is a therapist in private practice and provides student supervision for the BST Foundation. Damian is also involved in a number of ongoing book projects on the subject of clinical hypnosis and human change.

Zee Jabbar Lecturer BA Hons DCHyp MSBST

Zee Jabbar has been a teacher for twenty years and now lives and works in the Spanish Pyrenees. He is an Advanced graduate of the BST Foundation and after working in London both as a course lecturer and student supervisor is now the Director of the BST Programme in Spain. His interests include understanding the way words can heal and communicating the art of hypnotherapy to students.

Dr Lucy Atcheson BSc Hons MSc Psych PhD C Psychol DCHyp MSBST

Dr Lucy Atcheson is an accredited brief strategic therapist, clinical hypnotherapist as well as a counselling psychologist, and a coaching psychologist. Dr Lucy has seven years of experience working as a psychologist, five of these have been working in independent practice. She is also a qualified as a critical incident stress management practitioner since 2003. She is a psychological specialist and external examiner. Dr Lucy runs her own practice in Harley Street, London. Lucy has written two books: Dr Lucy Atcheson's Guide to Perfect Relationships, and Free Yourself From Fear (both published by Hay House). Lucy specialises in working with panic disorders and has done a BBC program on overcoming phobias. In addition, Dr Lucy is a regular contributor on the radio and in the national press, she has also made several television appearances.

John Hoare Lecturer FSBST DCHyp

John Hoare is one of the BST Foundations most experienced lecturers. John has studied and practiced clinical hypnosis, brief strategic therapy and psychotherapy for many years. He runs a number of successful practices in South London and regularly works in conjunction with other health care professionals receiving direct referrals from GPs.

Dave Costello BA Hons DipCOT DCHyp GPQH MSBST

Dave Costello has been an Occupational Therapist for 17 years, and has worked in a variety of clinical areas in mental health in the NHS. Dave is also a guest lecturer at the University of West of England. In recent years Dave has worked outside the context of the NHS, and has designed and delivered Condition Management Programmes for Depression through the New Deal, as well as providing rehabilitation and case management to the Insurance industry, supporting and enabling individuals to return to work following illness or injury. Dave regularly utilises clinical hypnotherapy in addition to employing more traditional therapeutic approaches such as cognitive behavioural therapy and solution focused approaches. He is a teaching associate for the BST Foundation.

Glenda Lewis RGN DCHyp MSBST

Glenda is a Registered General Nurse with more than thirty years of clinical experience. For the past eighteen years she has worked in the primary health care sector as a practice nurse. Assessing the needs of clients with chronic illnesses is a major aspect of her role. This entails formulating and promoting positive life style changes to enhance clients' health and well-being. She is a member of the R.C.N. (Royal College of Nursing) the N.M.C. (Nurses and Midwives Council) and the Society of Brief and Strategic Hypnotherapists. Glenda is a healthcare adviser for the BST Foundation.

Alison Holloway BSc Hons DCHyp MSBST

Alison trained in Cardiff as a speech and language therapist. She is employed by North Glamorgan NHS Trust and also works independently in South Wales; based in Newport. She is a specialist in the area of stammering, public speaking, confidence building and self esteem issues. Alison includes hypnotherapy in her independent practice having studied with the BST Foundation who she has since joined as a teaching associate.

Dr Robert J D Beattie Administration BSc PhD

Bob Beattie is the administration manager for the BST Foundation providing professional administrative systems. He plays an integral role in the course admin staff. Bob also has 35 years wide-ranging consultancy and business management experience, with a successful track record in several different professional roles for clients in UK and abroad, including : project management; devising and effecting innovative IS strategies and results-orientated operating practices; development and expansion of a medium-sized, multi-disciplinary management consultancy.



Andy McCann demonstration sensory deepening of hypnosis with a class volunteer on the Level 1 course



A rapid eye defocus induction



A lecture given by John Hoare at one of our fully equipped training venues



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Students studying on the course



Students attending a lecture